

ADULT CLASSES



West Coast Swing

\$30/4 wks.
(\$40/Non-Resident)

West Coast Swing (WCS) is a partner dance derived from the Lindy Hop. It has the soul of a street dance, but has been tamed by ballroom dance studios. Within the spectrum of partner dances, West Coast Swing is one of the most improvisational. Join this class today to learn this partner dance and show off on the dance floor. **Class will not be held on July 5, July 26, and Aug. 2. This class is held at Dales Senior Center. Instructor: Nghia Nguyen**

Code	Ages	Dates	Day	Time
2866.101	18+	June 14 - July 12	SA	Noon - 12:55 p.m.
2866.102	18+	July 19 - Aug. 23	SA	Noon - 12:55 p.m.
2866.103	18+	Sept. 6 - 27	SA	Noon - 12:55 p.m.

Cha-Cha

\$30/4 wks.
(\$40/Non-Resident)

From the less inhibited night clubs and dance halls, the Mambo underwent subtle changes. It was Triple Mambo and this then became a dance in itself come and learn this fun and spicy dance today! **Class will not be held on July 5, July 26, and Aug. 2. This class is held at Dales Senior Center. Instructor: Nghia Nguyen**

Code	Ages	Dates	Day	Time
3012.101	18+	June 14 - July 12	SA	2 - 2:55 p.m.
3012.102	18+	July 19 - Aug. 23	SA	2 - 2:55 p.m.
3012.103	18+	Sept. 6 - 27	SA	2 - 2:55 p.m.

Tango

\$50/6 wks.
(\$60/Non-Resident)

Learn to dance the tango with attitude, passion and romance. **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Level	Ages	Dates	Day	Time
3462.101	Beg.	18+	July 30 - Sept. 3	W	7:30 - 8:30 p.m.
3462.102	Int.	18+	Sept. 10 - Oct. 15	W	7:30 - 8:30 p.m.

Salsa

\$30/4 wks.
(\$40/Non-Resident)

Salsa is a partner dance form that corresponds to salsa music; however, it is sometimes also done solo. The word is the same as the Spanish word meaning sauce, or in this case flavor or style. Learn how to dance in this style. **Class will not be held on July 5, July 26, and Aug. 2. This class is held at Dales Senior Center. Instructor: Nghia Nguyen**

Code	Ages	Dates	Day	Time
3015.101	18+	July 12 - Aug. 2	SA	3 - 3:55 p.m.
3015.102	18+	Aug. 9 - Sept. 6	SA	3 - 3:55 p.m.
3015.103	18+	Sept. 13 - Oct. 4	SA	3 - 3:55 p.m.

Country Two-Step

\$30/4 wks.
(\$40/Non-Resident)

The two-step is a type of country western dance with a two quick steps and two slow steps pattern. Learn to dance with your feet gliding just above the floor. **Class will not be held on July 5, July 26, and Aug. 2. This class is held at Dales Senior Center. Instructor: Nghia Nguyen**

Code	Ages	Dates	Day	Time
2867.101	18+	June 14 - July 12	SA	1 - 1:55 p.m.
2867.102	18+	July 19 - Aug. 23	SA	1 - 1:55 p.m.
2867.103	18+	Sept. 6 - 27	SA	1 - 1:55 p.m.

Ballroom Cha-Cha

\$50/6 wks.
(\$60/Non-Resident)

Come learn the ever-popular cha-cha. It's fun, sassy, and great for beginners! **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Level	Ages	Dates	Day	Time
3417.101	Beg	18+	July 30 - Sept. 3	W	6:30 - 7:30 p.m.
3417.102	Int.	18+	Sept. 10 - Oct. 15	W	8:30 - 9:30 p.m.

Ballroom Night Club Two-Step

\$50/6 wks.
(\$60/Non-Resident)

Enjoy romantic music and smooth dancing? This class is perfect for beginners. Great for a wedding dance. **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3418.101	18+	Sept. 10 - Oct. 15	W	6:30 - 7:30 p.m.

Country Two-Step and Country Waltz

\$50/6 wks.
(\$60/Non-Resident)

Great Fun! Lots of energy. Perfect for the social dancer. **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3464.101	18+	June 19 - July 24	TH	7:30 - 8:30 p.m.

Beginning Salsa

\$50/6 wks.
(\$60/Non-Resident)

Learn the easy high energy and sassy dance SALSA! It's easy. This is a great dance if you enjoy clubbing or partying. Salsa is also a great exercise class for burning those extra CALORIES! **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3419.101	18+	June 17 - July 22	T	6:30 - 7:30 p.m.
3419.102	18+	July 29 - Sept. 2	T	6:30 - 7:30 p.m.
3419.103	18+	Sept. 9 - Oct. 14	T	6:30 - 7:30 p.m.
3419.104	18+	July 31 - Sept. 4	TH	6:30 - 7:30 p.m.

Intermediate Salsa

\$50/6 wks.
(\$60/Non-Resident)

Have you learned the basics? This class will help you progress to those really hot intermediate moves and turns. **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3456.101	18+	June 17 - July 22	T	7:30 - 8:30 p.m.
3456.102	18+	July 29 - Sept. 2	T	7:30 - 8:30 p.m.
3456.103	18+	Sept. 9 - Oct. 14	T	7:30 - 8:30 p.m.
3456.104	18+	July 31 - Sept. 4	TH	7:30 - 8:30 p.m.

West Coast Swing

\$50/6 wks.
(\$60/Non-Resident)

Learn how to dance this California State Dance to all styles of music from Rap to R & B. **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3426.101	18+	June 17 - July 22	T	8:30 - 9:30 p.m.
3426.102	18+	July 29 - Sept. 2	T	8:30 - 9:30 p.m.
3426.103	18+	Sept. 9 - Oct. 14	T	8:30 - 9:30 p.m.

ADULT CLASSES

Intermediate East Coast Swing

\$50/6 wks.
(\$60/Non-Resident)

It ain't got that thing, if it ain't got that swing! If you know your basics, and are ready for more fun, This class is for you! **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3455.101	18+	June 18 - July 23	W	6:30 - 7:30 p.m.

Beginning Ballroom Waltz and Foxtrot

\$50/6 wks.
(\$60/Non-Resident)

Learn to glide across the floor just like the stars in the show "Dancing with the Stars." **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Ages	Dates	Day	Time
3127.101	18+	June 18 - July 23	W	7:30 - 8:30 p.m.

Ballroom Rhumba

\$50/6 wks.
(\$60/Non-Resident)

It's called the "dance of love!" Learn this smooth and rhythmic dance. **This class is held at Steppin' Out with Cindy Roberts Dance Studio, 9506 Magnolia Avenue, Suite 210. Instructor: Cindy Roberts**

Codes	Level	Ages	Dates	Day	Time
2406.101	Beg.	18+	July 2 - Aug. 6	W	6:30 - 7:30 p.m.

Beginning Adult Pilates and Ballet



\$80/4 wks.
(\$90/Non-Resident)

Learn basic techniques for the art of ballet and pilates through beginning barre work, mat exercises and center floor exercises. Dance attire needed. **This class is held at Riverside Ballet Arts, 3840 Lemon Street. Instructor: Damien Diaz.**

Code	Ages	Dates	Day	Time
2523.101	18+	June 3 - 26	TTH	12:15 - 1:45 p.m.
2523.102	18+	July 1 - 23	TTH	12:15 - 1:45 p.m.
2523.103	18+	Aug. 5 - 28	TTH	12:15 - 1:45 p.m.
2523.104	18+	Sept. 2 - 25	TTH	12:15 - 1:45 p.m.

Adult Ballet

\$45/4 wks.
(\$55/Non-Resident)

OOH, that stretch feels good! Learn all the basic ballet techniques at the barre and center floor work, while making some new friends! **This class is held at B.P.A.S., 3478 University Avenue. Instructor: Patty Wolsleger**

Code	Ages	Level	Dates	Day	Time
3113.101	18+	Beg.	June 2 - 23	M	8 - 9 p.m.
3113.102	18+	Beg.	June 30 - July 21	M	8 - 9 p.m.
3113.103	18+	Beg.	July 28 - Aug. 18	M	8 - 9 p.m.
3113.104	18+	Beg.	Sept. 8 - 29	M	8 - 9 p.m.

*Instructor will make up holiday

Adult Tap

\$45/4 wks.
(\$55/Non-Resident)

Tap is so much fun — what are you waiting for? Get off the couch, get some exercise and have fun while learning time steps, flaps, shuffles and more. You're never too old to learn! **This class is held at B.P.A.S., 3478 University Avenue. Instructors: Patty Wolsleger/Troy Wolsleger**

Code	Ages	Level	Dates	Day	Time
2135.101	18+	Beg.	June 3 - 24	T	10 - 11 a.m.
2135.102	18+	Beg.	July 1 - 22	T	10 - 11 a.m.
2135.103	18+	Beg.	July 29 - Aug. 19	T	10 - 11 a.m.
2135.104	18+	Beg.	Sept. 9 - 30	T	10 - 11 a.m.
2136.101	18+	Beg.	June 3 - 24	T	8 - 9 p.m.
2136.102	18+	Beg.	July 1 - 22	T	8 - 9 p.m.
2136.103	18+	Beg.	July 29 - Aug. 19	T	8 - 9 p.m.
2136.104	18+	Beg.	Sept. 9 - 30	T	8 - 9 p.m.
2153.101	18+	Int.	June 3 - 24	T	8 - 9 p.m.
2153.102	18+	Int.	July 1 - 22	T	8 - 9 p.m.
2153.103	18+	Int.	July 29 - Aug. 19	T	8 - 9 p.m.
2153.104	18+	Int.	Sept. 9 - 30	T	8 - 9 p.m.

*Instructor will make up holiday

MARTIAL ARTS

Muay Thai Kickboxing

\$119/4 wks.
(\$129/Non-Resident)

USKO will teach you the basics of Muay Thai Kickboxing. Learn this martial art in a safe and friendly atmosphere. **This class is held at USKO, 6794 Brockton Avenue. Instructor: USKO Staff**

Code	Ages	Dates	Day	Time
2053.101	15+	June 2 - 25	MW	7:30 - 8:15 p.m.
2053.102	15+	June 30 - July 23	MW	7:30 - 8:15 p.m.
2053.103	15+	Aug. 4 - 27	MW	7:30 - 8:15 p.m.
2053.104	15+	Sept. 1 - 24	MW	7:30 - 8:15 p.m.
2053.105	15+	June 3 - 26	TTH	4:45 - 5:30 p.m.
2053.106	15+	July 8 - 31	TTH	4:45 - 5:30 p.m.
2053.107	15+	Aug. 5 - 28	TTH	4:45 - 5:30 p.m.
2053.108	15+	Sept. 2 - 25	TTH	4:45 - 5:30 p.m.

Brazilian Jujitsu

\$119/4 wks.
(\$129/Non-Resident)

USKO will teach you the basic Brazilian Jujitsu grappling techniques. Learn this martial art in a safe and friendly atmosphere. **Class will not be held on Dec. 24, 25, 31 and Jan. 1. This class is held at USKO, 6794 Brockton Avenue. Instructor: USKO Staff**

Code	Ages	Dates	Day	Time
2052.101	14+	June 2 - 25	MW	6:30 - 7:30 p.m.
2052.102	14+	June 30 - July 23	MW	6:30 - 7:30 p.m.
2052.103	14+	Aug. 4 - 27	MW	6:30 - 7:30 p.m.
2052.104	14+	Sept. 1 - 24	MW	6:30 - 7:30 p.m.
2052.105	14+	June 3 - 26	TTH	7 - 8 p.m.
2052.106	14+	July 8 - 31	TTH	7 - 8 p.m.
2052.107	14+	Aug. 5 - 28	TTH	7 - 8 p.m.
2052.108	14+	Sept. 2 - 25	TTH	7 - 8 p.m.

adult Classes

SPECIAL INTEREST

Senior Sensations

\$75/4 wks. Twice a week
(\$85/Non-Resident)

\$45/4 wks.
(\$55/Non-Resident)

This class provides stretching along with toning through resistance. Exercise at your own pace and learn how to work out in water. Get more mobility and energy. Please bring two empty 16 oz water bottles and two floatable noodles to the first class meeting. **This class is held at Shamel pool. Instructor: Wendee Ackerman with Booty Be Gone (BBG)**

Code	Ages	Dates	Day	Time
1157.101	18+	June 4 - 30	MW	9 - 9:50 a.m.
1157.102	18+	July 7 - 30	MW	9 - 9:50 a.m.
1157.103	18+	Sept. 3 - 29	MW	9 - 9:50 a.m.
1156.101	18+	June 4 - 25	W	10 - 10:50 a.m.
1156.102	18+	July 9 - 30	W	10 - 10:50 a.m.
1156.103	18+	Sept. 3 - 24	W	10 - 10:50 a.m.

Public Speaking

\$25/8 wks.
(\$35/Non-Resident)

This class is held in a supportive, non-threatening environment designed to develop your public speaking skills, increase your self-confidence and provide you with leadership opportunities. Instruction and practice will help you interview well, advance your career, improve your communication in social situations and prepare you to assume leadership roles. You may register on-site. Your 8-week program begins the Saturday you register. **This class is held at the Dales Senior Center/White Park. Instructor: Ameal Moore and other members of Toastmaster's International**

Code	Ages	Dates	Day	Time
3076.101	18+	June 7 - July 26	SA	9:15 - 10:45 a.m.

CA Notary Public Class/ State Exam for the New/Renewing Notaries

\$69/1 day
(\$79/Non-Resident)

This class will cover materials and strategies to assist you in passing the State Exam the first time and help you understand the role of a California Notary Public. Bring a sack lunch, driver's license or ID card, one 2x2 passport photo, one check or money order (no cash) made payable to the Secretary of State in the amount of \$40 for the state examination, one check or money order in the amount of \$35 made payable to the Notary Academy of America, and two #2 pencils. **Participants must be United States Citizens. Due to state regulations, this class must begin at the scheduled time. This class is held at Cesar Chavez Community Center. Instructor: Han (Merlina) Combs**

Code	Ages	Dates	Day	Time
3018.101	18+	Aug. 9	SA	8 a.m. - 5:45 p.m.



Beginning Jewelry Making

\$18/1 Day
(\$28/Non-Resident)

Join us to learn the two basic steps in making earrings, necklaces and bracelets. Instructor will supply fittings and beads for practice. You will have an opportunity to purchase additional kits if you wish to create a masterpiece during class. **This class is held at My Learning Studio, 17032 Van Buren Boulevard, facing Washington Street Instructor: Lorna Jenkins**

Code	Ages	Dates	Day	Time
2623.101	10+	June 7	SA	10 a.m.
2623.102	18+	June 13	F	4 p.m.
2623.103	10+	June 20	F	6:30 p.m.
2623.104	10+	June 25	W	6 p.m.
2623.105	10+	July 5	SA	Noon

Golf for Women

\$85/5 wks.
(\$95/Non-Resident)

Learn the fundamentals of golf including grip, stance, putting, chipping, rules, scoring, equipment and etiquette. A \$20 supply fee for range balls is required and payable to the instructor at the first class. Use of golf clubs is included in the fee. **This class is held at Van Buren Golf Center, 6720 Van Buren Boulevard. Instructor: Tom Borba**

Codes	Ages	Dates	Day	Time
3614.101	18+	July 2 - 30	W	6:30 - 7:30 p.m.
3614.102	18+	Aug. 6 - Sept. 3	W	6:30 - 7:30 p.m.
3416.103	18+	Sept. 10 - Oct. 8	W	6:30 - 7:30 p.m.

Introduction to Golf

\$85/5 wks.
(\$95/Non-Resident)

Learn the fundamentals of golf including grip, stance, putting, chipping, rules, scoring, equipment and etiquette. A \$20 supply fee for range balls is required and payable to the instructor at the first class. Use of golf clubs is included in the fee. **This class is held at Van Buren Golf Center, 6720 Van Buren Boulevard. Instructor: Tom Borba**

Codes	Ages	Dates	Day	Time
3612.101	18+	July 3 - 31	TH	6:30 - 7:30 p.m.
3612.102	18+	Aug. 7 - Sept. 4	TH	6:30 - 7:30 p.m.
3612.103	18+	Sept. 11 - Oct. 9	TH	6:30 - 7:30 p.m.

Recreational Volleyball and Body Conditioning

Session 1: \$36/9 wks.
(\$46/Non-Resident)

Session 2: \$32/8 wks.
(\$42/Non-Resident)

The class begins with a 30 — 40 minute warm-up with strength building and stretching to improve your overall fitness level. Monday: intermediate/advanced play (must qualify). Wednesday: beginning/intermediate learn-while-you-play format. **Class will not be held on September 1. This class is held at Bobby Bonds Park. Instructor: Linda Erdo-Halterman**

Code	Ages	Dates	Day	Time
3610.101	18+	June 2 - July 28	M	7 - 9 p.m.
3610.102	18+	Aug. 4 - Sept. 29	M	7 - 9 p.m.
3512.101	18+	June 4 - July 30	W	7 - 9 p.m.
3512.102	18+	Aug. 6 - Sept. 24	W	7 - 9 p.m.